



# Viriden Oil Capitals 2019 Comfort Inn Fall Training Camp



## Friday, August 30

10:30 – 11:30 am *Fitness Testing (returning players only)*  
4:00 – 5:00 pm *Practice (returning players only)*

**5:00 – 6:00 pm**      **Registration at Tundra Oil and Gas Place**

6:15 – 7:15 pm	Team Whitecloud	skills/powerskating
7:30 – 8:30 pm	Team Kalynuk	skills/powerskating
8:45 – 9:45 pm	Team Kirkup	skills/powerskating

## Saturday, August 31

8:45 – 9:45 am      Team Kirkup vs Team Whitecloud  
10:00 – 11:00 am      Team Whitecloud vs Team Kalynuk  
11:15 – 12:15 pm      Team Kalynuk vs Team Kirkup

12:30 – 1:15 pm      *Practice (returning players only)*

**12:30 – 1:00 pm**      **Info Session for all rookie players and parents – Sunrise Banquet Hall**

1:30 – 2:00 pm      Goalie session (all goalies)  
2:15 – 3:15 pm      Team Whitecloud vs Team Kalynuk  
3:30 – 4:30 pm      Team Kalynuk vs Team Kirkup  
4:45 – 5:45 pm      Team Kirkup vs Team Whitecloud

6:00 – 7:00 pm      *Practice (returning players only)*

## Sunday, September 1

8:45 – 9:45 am      Team Kalynuk vs Team Kirkup  
10:00 – 11:00 am      Team Kirkup vs Team Whitecloud  
11:15 – 12:15 pm      Team Whitecloud vs Team Kalynuk  
12:30 – 2:30 pm      Player meetings

**3:00 pm**      **The “GARRY CUP” Intrasquad Game (player meetings to follow)**

**Dressing Room Assignments (can be kept for weekend)**

Team Whitecloud	Room 1
Team Kalynuk	Room 2
Team Kirkup	Room 3
Goaltenders	Room 4

## Welcome to Caps Country!!

**#whateverittakes**  
**[www.oilcapshockey.com](http://www.oilcapshockey.com)**



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